

Broccoli



This veggie may have a bad reputation, but might not be as bad as you think! Be brave, eat broccoli!

Try it!

Broccoli has a grassy, earthy flavor that can be mildly bitter. This vegetable is a great snack with dip.

**Veggie
FUN!**



Fun Facts:

- Thomas Jefferson grew broccoli in his garden, possibly the 1st American to do so.
- Broccoli is a flower!



Nutrition

Broccoli is packed with lots of nutrients! One of them is called folate and it is needed for growing as well as giving you energy.